



## REMINDER:

- The Co. A and Co. D Change of Command Ceremony will take place at 1 p.m., Jan. 12, at Soldiers' Pavilion.
- Tripler Army Medical Center's Annual Modern Army Combatives Tournament is Jan. 13-14 from 10 a.m. – 5 p.m. at Martinez Physical Fitness Center, Schofield Barracks.

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## WTB bids aloha to Zavala after 44 months

Unit welcomes Command Sgt. Maj. Amano

Stephanie Bryant  
TAMC Public Affairs

**SCHOFIELD BARRACKS** — Command Sgt. Maj. Joshua Amano assumed responsibility as the senior enlisted advisor of the Warrior Transition Battalion during a ceremony, Jan. 6, at Hamilton Field, here.

"It would seem fitting that the culmination of my military career would place me in an organization where the primary mission is the care and to facilitate the healing of Soldiers," said Amano, who joined the Hawaii Army National Guard in 1989 as a combat medic. "My whole time in the Army has been dedicated to healing and well-being of the Soldiers, whether it is as a line medic ... then pro-



Command Sgt. Maj. Joshua Amano, left, incoming senior enlisted advisor for the Warrior Transition Battalion, accepts the saber from Lt. Col. Stanley Garcia, commander, WTB, at a Change of Responsibility ceremony, Jan. 6, at Hamilton Field, Schofield Barracks. (Photo by Soraya Robello, TAMC Visual Information)

gressing into the leader and mentor you see before you today.

"I look forward to the challenges and responsibilities that lie ahead of me as I begin this new chapter in my life," he added.

Amano has held various positions in the Hawaii Army National Guard and holds a current Hawaii State Licensed Practical Nurse certification.

The passing of the saber was bitter-

sweet at the ceremony. As Amano assumed responsibility, the unit had to say farewell to Command Sgt. Maj. Robert Zavala.

After 44 months with the WTB and 31 years of active federal service, Zavala is retiring, Feb. 1.

Zavala said in the beginning, many peers told him he would not want the assignment, but it has been an honor serving as the senior enlisted advisor for the WTB.

"I couldn't have asked for a better job," said Zavala, who joined the Army in July 1980 as a heavy anti-armor weapons crewman. "It fit me and I will miss it, I will miss the Soldiers and the WTB staff."

As he leaves military service, he is happy to have had the WTB be his last assignment.

"I have never witnessed a group of folks who work so

See CEREMONY on page 3

# TRIPLER TROLLEY



The Tripler Trolley will be running specific regular routes around the TAMC campus; picking up and dropping off at designated areas. However, people wanting to utilize the trolley from external buildings will still need to call for a pick-up if a ride is needed. For more details about the routes, see page 8 or call 433-1200.

## Chaplain's Thought of the Week

Chaplain (Capt.) Stacie Kervin  
Chaplain Clinician, TAMC

**"Love others. "**

*"Love is the only force capable of transforming an enemy to a friend."*  
-- Martin Luther King, Jr.

**Reflection:** "Now there is a final reason I think that Jesus says, "Love your enemies." It is this: that love has within it a redemptive power. And there is a power there that eventually transforms individuals. Just keep being friendly to that person. Just keep loving them, and they can't stand it too long. Oh, they react in many ways in the beginning. They react with guilt feelings, and

sometimes they'll hate you a little more at that transition period, but just keep loving them. And by the power of your love they will break down under the load. That's love, you see. It is redemptive, and this is why Jesus says love. There's something about love that builds up and is creative. There is something about hate that tears down and is destructive. So love your enemies."

— Martin Luther King, Jr., A Knock at Midnight: Inspiration from the Great Sermons of Reverend Martin Luther King, Jr.

**Prayer:** Lord lead us to those people who may be hurting help us to love others who may hurt us. Give us the words to say to penetrate the hearts of others. Use our lives like you did with Martin Luther King, Jr. to impact others and be a world changer. Amen.



Chaplain ministry is available 24 hours a day. Patients desiring to see a Chaplain should call 433-5727 or ask your nurse to contact the Chaplain for you. After duty hours, a Chaplain may be contacted through the Information Desk at 433-6661. Chapels are located on D-Wing, 3rd floor.



Continued from page 1

extremely hard everyday to assist and support our Soldiers more than that of our WTB ohana," said Zavala. "Prior to my arrival, I honestly thought I knew what the phrase 'taking care of Soldiers' meant, but having watched these folks in action, their dedication and drive to service our Soldiers is second to none."

Since the establishment of the WTB at Pacific Regional Medical Command, of the 1,123 Soldiers

Command Sgt. Maj. Robert Zavala, outgoing senior enlisted advisor for the WTB, receives the Meritorious Service Medal from Brig. Gen. Keith Gallagher, commander, Pacific Regional Medical Command and Tripler Army Medical Center, at a Change of Responsibility ceremony, Jan. 6, at Hamilton Field, Schofield Barracks. (Photo by Soraya Robello, TAMC Visual Information)



who have transitioned, more than 65 percent have returned to active duty or their National Guard/Reserve units and the remaining Soldiers successfully separated from the Army.

Zavala believes Amano is the right man for the job.

"Best of luck to you, I know that you will only improve what has already been established here."

## Diabetes Tip: Early Management makes long term care easier

Mounting evidence shows that early, aggressive management of blood glucose can make caring for diabetes type 2 easier down the road. Too often, however, we're slow to act -- especially when it comes to adding and changing medications.

If you are interested in learning how to manage your diabetes well, call 433-2730 to enroll in Tripler's Diabetes Self-Management Education classes.

## DPW Sewer Line Project

The installation Directorate of Public Works will be repairing a main sewer line along Krukowski Road through April 3, 2012.

This is a major line which needs to be replaced from the warehouse entrance road down to the front gate area and there will only be one-way outbound only traffic along Kru-

kowski Road between 9 a.m.-3 p.m. Monday-Friday between the dates listed. Prior to 9 a.m. and after 3 p.m. normal traffic lanes will be open.

This line has been a problem for some time and it's repair is required to prevent a major line failure.



### TAMC Public Affairs

Room 3A016  
3rd Floor Oceanside

Phone: (808) 433-5785



Like us on **Facebook!**



Please send submissions for the TRIPLER 360 newsletter to [TAMCPublicAffairsOffice@amedd.army.mil](mailto:TAMCPublicAffairsOffice@amedd.army.mil). All submissions must be received by Tuesday to be included in the Wednesday edition.



REPLY TO  
ATTENTION OF

DEPARTMENT OF THE ARMY  
HEADQUARTERS, PACIFIC REGIONAL MEDICAL COMMAND  
1 JARRETT WHITE ROAD  
TRIPLER AMC, HAWAII 96859-5000

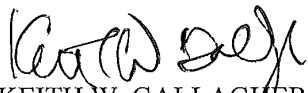
MCHK-SF

06 January 2012

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Dr. Martin Luther King, Jr. Day Safety Message

1. On January 16, we will honor a great American, Dr. Martin Luther King, Jr. Although his life was short, it was filled with accomplishments that benefited all Americans. We commemorate his selfless sacrifices and devotion to attaining freedom and justice for all Americans. Let's begin the New Year with Dr. King's dream of freedom and justice to guide and move us forward.
2. As you celebrate the accomplishments of Dr. King, ensure safety is part of your plan. This winter in Hawaii has already seen high surf and strong ocean currents, especially on the North Shore. Even professional surfers in Hawaii have fallen victim to the power of the ocean. Always use caution when in or near the water. This is also the rainy season which increases the hazards of driving. Please be extra cautious and use safe practices in your activities.
3. Overall, Army Privately Owned Vehicle (POV) fatalities increased 19% in the first quarter 2012 while Privately Owned Motorcycle (POM) fatalities decrease 50%. MEDCOM reported one POV fatality. The leading causes of these fatalities continue to be speeding and non-use of seat belts. Just recently, a Soldier on Oahu suffered a POM fatality due to speeding. The Army Safety Center has updated the Individual and Battle Buddy Risk Assessment cards to help Soldiers identify potential hazards and at risk behavior. The cards contain questions specifically formulated to highlight risky behavior and provide guidance on risk mitigation measures, as well as a list of resources for Soldiers who may need further assistance. The cards can be downloaded or printed at the TAMC Safety Office home page or the Army Safety Center web site/  
<https://safety.army.mil/soldier-risk-assessments>.
4. As we enjoy this holiday weekend, let us reflect upon what Dr. King has accomplished for us and carry the dream forward. Have a safe and wonderful weekend.

  
KEITH W. GALLAGHER  
Brigadier General, USA  
Commanding

DISTRIBUTION: A



## 2012 SONY OPEN IN HAWAII

### Military Appreciation Initiatives

- Free admission for active duty and retired military service members (with valid military ID).
- Hospitality Tent
- Pasha Hawaii proudly presents the Birdies for the Brave Patriots' Outpost, located on the 18th fairway, open to active duty and retired military service members from Thursday – Sunday. Complimentary food and beverages are provided.
- Wounded Warriors Program
  - Forty Wounded Warriors will be provided transportation from Tripler Army Medical Center to the Sony Open where they will watch 144 of the world's best professional golfers compete on Thursday and Friday from the Patriots' Outpost on the 18th fairway.
- Military Caddie Program
  - Pasha Hawaii proudly presents the Birdies for the Brave Military Caddie Program giving 35 active duty military service members the opportunity to caddie for a PGA TOUR professional for one hole (hole #18) during the Wednesday Official Pro-Am. Caddies will be wearing camouflage caddie bibs and get to experience a PGA TOUR event "inside the ropes."

## Tentative SCHEDULE OF EVENTS

### Waialae Country Club, Oahu, Hawaii

#### Thursday, January 12

7:00 a.m. – All Day First Round (Golf Channel Broadcast, 2:00 – 5:30 p.m. HST, LIVE)  
 6:00 p.m. Official Pro-Am Awards Celebration, Hawaii Convention Center

#### Friday, January 13

7:00 a.m. – All Day Second Round (Golf Channel Broadcast, 2:00 – 5:30 p.m. HST, LIVE)

#### Saturday, January 14

8:00 a.m. – 5:30 p.m. Third Round (Golf Channel Broadcast, 2:00 – 5:30 p.m. HST, LIVE)

#### Sunday, January 15

8:00 a.m. – 5:00 p.m. Final Round (Golf Channel Broadcast, 2:00 – 5:00 p.m. HST, LIVE)  
 5:00 p.m. Awards Ceremony, 18th Green

Continued on next page

## SONY OPEN Continued

### Admissions Guidelines

- No minimum age requirement.
- Children 12 and under are allowed free admission when accompanied by an adult ticket holder.
- Active and retired military service members are allowed free admission with an official military ID.
- Drop off location for disabled/handicapped is at the Pro Shop parking lot adjacent to the main entrance.

### Notice to Spectators

- No video cameras.
- No cameras (or other device capable of taking a photograph) permitted after Wednesday.
- No radios, TVs, signs or banners.
- No coolers or beverages.
- No alcoholic beverages may enter or leave the tournament.
- No firearms.
- No large camera carrying cases, chair carry bags, backpacks, packages and other carry items larger than 6" x 6" x 6".
- Any of the above will be confiscated - leave them in your car.
- All items such as purses, camera cases and other small personal carry items will be subject to inspection (including metal detection) at the gate.
- All mobile phones, PDAs, etc. must be on silent and must be used in accordance with the posted Mobile Device Policy.
- Mobile phones may be used to make calls in designated areas only.
- Approaching players for autographs is prohibited unless they have completed their rounds Thursday through Sunday.

## Fisher House receives \$2,000 in gift cards for patrons



HONOLULU— The Armed Forces Financial Network (AFFN) and Bank of Hawaii (BOH) donated \$2,000 to the Fisher House at Tripler Army Medical Center. Forty “thank you” cards of \$50 will be provided to military families staying at the Tripler Fisher House. Fisher House are “comfort homes,” built on the grounds of major military and VA medical centers. The family members can redeem the cards at commissaries and other merchants during their stay. Pictured (from left) are BOH Senior Executive Vice President and Military Liaison Vince Barfield; Tripler Fisher House Manager Theresa Johnson; Col. Alex Zotomayor, TAMC Chief of Logistics; and BOH ATM Servicing Manager Del Dela Cruz. (Courtesy photo)



# Walgreens leaving TRICARE retail

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## Tripler Army Medical Center News Release

**TRIPLER ARMY MEDICAL CENTER**—Express Scripts, the contractor for the TRICARE pharmacy benefit has been unable to negotiate with Walgreens to continue providing cost-competitive prescription medication services within the TRICARE retail pharmacy network.

Unfortunately, Walgreens' proposed 2012 prices are much higher than the other pharmacies within the TRICARE network. If TRICARE accepted Walgreens' rate, their higher costs may affect your future TRICARE premiums. As a result, Walgreens will no longer be a participating provider in the TRICARE retail pharmacy network effective Jan. 1, 2012.

It's easy to change pharmacies. If your Walgreens prescriptions have refills remaining you can transfer them to another pharmacy.

We urge you to consider transferring your prescriptions to your local Military Treatment Facility (MTF) Pharmacy. Remember, your local MTF pharmacy remains the most cost-effective option for both you and all taxpayers. There are no co-pays when you use your local MTF pharmacy. Ask your MTF pharmacy to call Walgreens or take your current prescription bottle and your prescription ID card to your MTF pharmacy so they can complete the transfer.

If you prefer to use a another retail network phar-

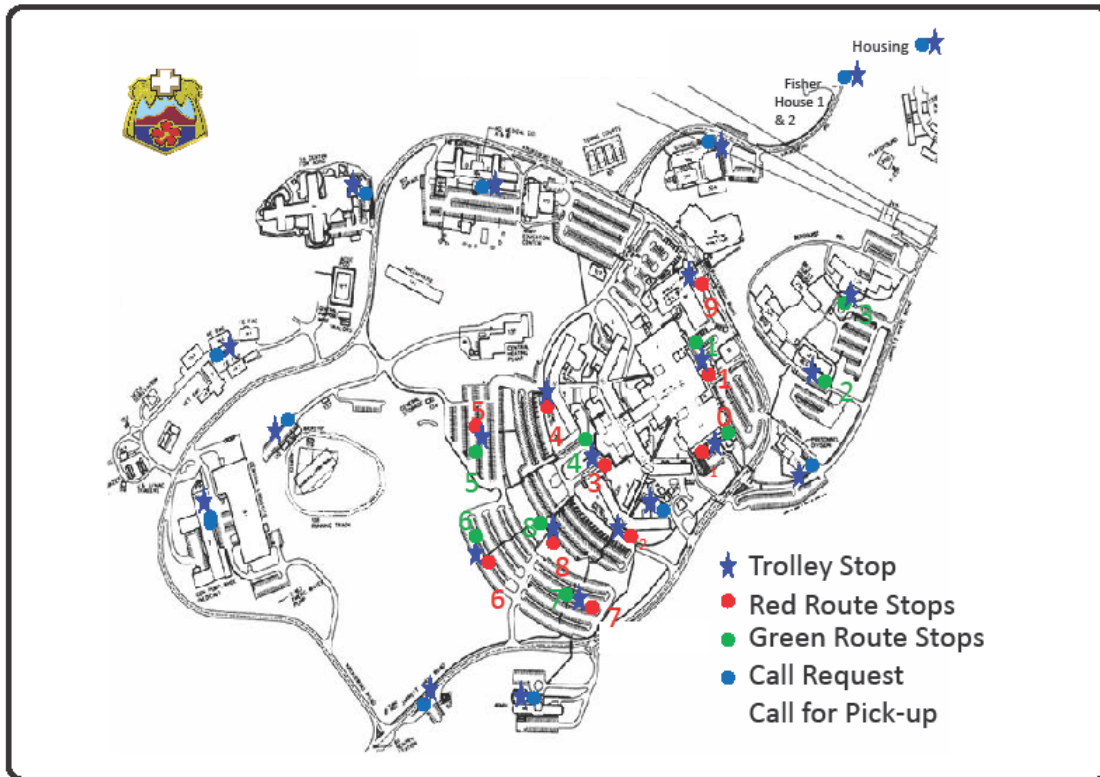
macy you can visit the Express Scripts - TRICARE Pharmacy Program website <http://www.express-scripts.com/TRICARE/pharmacy/> and click their link to see retail pharmacies in your area that serve you. ([https://member.express-scripts.com/web/member/pharmacyLocator.sf?\\_flowExecutionKey=\\_cD83C7451-5874-D149-BEDA-7769E466AAA9\\_kEAF417AC-10E7-8BB5-BDBE-9396BDD731A5](https://member.express-scripts.com/web/member/pharmacyLocator.sf?_flowExecutionKey=_cD83C7451-5874-D149-BEDA-7769E466AAA9_kEAF417AC-10E7-8BB5-BDBE-9396BDD731A5)). With thousands of pharmacies in the Express Scripts network, there is usually one within one-half mile of a Walgreens. Just like transferring prescriptions to your MTF pharmacy, you will need to ask your new pharmacy to call Walgreens or take your current prescription bottle and your prescription ID card to your new pharmacy so they can complete the transfer.

TRICARE Home Delivery is another option with Express Scripts. For those medications you take on a regular, ongoing basis this option delivers your medications to your door. There is no extra cost and your prescriptions are delivered free. TRICARE Home Delivery service also offers auto refills, ensuring your medication will always be delivered when you need it, at home. Visit <http://www.express-scripts.com/TRICARE/homedelivery/> for more information.

Your local MTF pharmacies, TRICARE and Express Scripts realize this change in retail network pharmacies poses an inconvenience to you, and we are committed to making the transition to an alternative pharmacy as simple as possible.



# TRIPLER TROLLEY ROUTES



## Red Route 0615 to 1400 hours

- 1 -- ER
- 2 -- E-Wing
- 3 -- Oceanside Entrance
- 4 -- D-Wing
- 5 -- Lower D Lot (D5)
- 6 -- Lower A Lot (A7)
- 7 -- Lower E Lot (E6)
- 8 -- Lower A Lot (A4)
- 9 -- ACC
- 10 -- Mountainside Entrance

● + Call Requests

## Green Route 0615 to 1400 hours

- 1 -- Mountainside Entrance
- 2 -- Army Hotel Bldg 220
- 3 -- Army Hotel Parking Lot
- 4 -- Oceanside Entrance
- 5 -- Lower D Lot (D5)
- 6 -- Lower A Lot (A7)
- 7 -- Lower E Lot (E6)
- 8 -- Lower A Lot (A4)
- 9 -- ER

## BLUE ★ ROUTE 1400 to 1830 hours

**RED & GREEN  
ROUTES COMBINED PLUS  
ALL CALL REQUESTS**





# **Ft Shafter Physical Fitness Center**

## **Zumba Fitness**

### **Winter/Spring Kickoff!**

**Thursday, February 23, 2012**

**1730-1830; 1830-1930; \$4 each class/per hr. (cash only)**  
**for DoD civilians/retired military/Reservists/DoD contractors –**  
**Active duty/family members w/ID free**  
**(must present ID at sign in)**

**Instructors: Allison Nofzinger, Linda Pietsch,**  
**Mercy Martin, Mary Anne Veal, Kris Young, Marsha DeLaney**  
**Cumbia, Salsa, Hip Hop, Reggaeton/Merengue, Bollywood,**  
**Hot Hula**

**Call 438-1152 for more info**



# **Tripler Physical Fitness Center**

## **Aerobathon!**

**Wednesday, January 25, 2012**

**1630-1730 (Cardiokickboxing, Step Fitness**  
**Hi-Lo Aerobics)**

**Instructors: Kinsey McFadden, Mercy Martin,**  
**Allison Nofzinger**



**1730-1830 (Zumba Fitness – Cumbia, Salsa, Hip Hop,**  
**Reggaeton/Merengue, Bollywood, Hot Hula (guest instructor)**

**Instructors: Marsha DeLaney,**  
**Mercy Martin, MaryAnne Veal, Lisa Pietsch, Allison Nofzinger**



**Active duty/family members w/ID free, DoD civilians/retired military/Reservists/DoD**  
**contractors –**

**\$4 per class (cash only)**  
**Call 433-6443 for more info**



## WE NEED YOUR BLOOD TYPE...

*Please Donate!*

Tripler Blood Donor Center  
Oceanside 2<sup>nd</sup> floor  
Room 2A207  
433 - 6148

Donate Blood  
**A SIMPLE GIFT**  
**ASBP**  
army.sanantonio.mil  
militaryblood.dod.mil



### Sponsored by the 205th MI BN Coffee Group

Formal events are in the near future for many teens on the island and each teen deserves to feel like a princess!

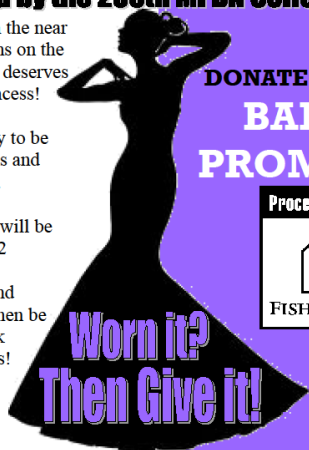
Donate your ready to be worn dress, shoes and accessories.

Drop off deadline will be Jan. 25, 2012

All dresses and accessories will then be sold for rock bottom prices!

Dresses—\$20  
Accessories—\$5

If you'd like to get involved or have any questions, contact Jessica Bode at jessicabode@yahoo.com or 210-862-1055.



### DONATE LAST YEAR'S BALL OR PROM DRESS

Proceeds to Benefit



Event Date:  
January 28th  
2117A Eluwene Street  
Honolulu, HI 96819  
Current Drop off points:  
Fisher House

## NEW HOURS at the Anuenue Café



MONDAY-FRIDAY STARTING NOVEMBER 7<sup>th</sup>

### Breakfast

Self Serve: 0600-0930

Grill: 0600-0815

Grab and Go: 0700-1030

### Lunch

Grill: 1100-1300

Main line: 1100-1330

Self Serve: 1100-1430

Grab and Go: 1100-1300

### Dinner

Main line: 1600-1730

Grab and Go: 1730-2230

**Night meal: 2230-0200**

## Volunteers Needed

I am on active duty status or a DOD beneficiary.  
I am 18 – 65 years old.  
I am overweight.  
I am able to exercise on a stationary bicycle.

If this describes you, you may be right for our new exercise study conducted at Tripler AMC!

### Purpose of the Study

- To examine the effects of exercising while playing interactive video games versus exercising while watching television.

### Length of Participation

- The exercise phase of the program is 4 months.

### What is involved?

- We will do assessments (measurements and questionnaires) at the beginning, middle, and end of the 4-month period.
- The number of times you choose to exercise on the stationary bicycle during the 4 months is up to you.

### Benefits

- Exercise while playing video games or watching television in a small, supervised environment.
- Research staff will show you how to use the equipment, track your progress, and stock your favorite video games.

Principal Investigator: MAJ Melba C. Stetz, Department of Psychology

Call 433-1651 for more information

### Hickam Family Health Clinic Active Duty Acute Care

Beginning Jan. 1, 2012 the 15th Medical Group at Joint Base Pearl Harbor Hickam will institute a new active duty appointment program, replacing the walk-in system known as Sick Call.

As of Jan. 1, 2012, walk-in services will cease in the Family Health Clinic. All Active Duty Sick Call in the Family Health clinic will be by appointment only. Please call 448-6000 between hours of 7:15-8 a.m. to schedule a sick call appointment. Closure of walk-in Sick Call ensures that active duty members will no longer have to wait in the clinic to receive an appointment.

Service members who feel they are too sick to call for an appointment or feel their illness is an emergency can seek medical attention at Tripler Army Medical Center's Emergency Department.

Active Duty supervisors: Prior to having your Airmen seek medical attention, supervisors can exercise the option of allowing personnel to stay home for up to 24 hours. In accordance with AFI 41-210, *Patient Administrative Functions*, Paragraph 3.6.4 states that, "Unit commanders and supervisors have the authority to grant up to 24 hours of sick status at their discretion if a member's illness/injury does not require medical treatment facility intervention. If the illness/injury persists beyond 24 hours, then the commander or supervisor must refer the member to the MTF for treatment and subsequent quarters authorization." Some examples of non-emergent illnesses for adults are colds, cough, stomach ache, or nausea and vomiting for less than 24 hours.

The 15th Medical Group at Joint Base Pearl Harbor Hickam is committed to delivering the ultimate health care experience. Please partner with us to manage your health care needs.